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## CONFERENCE PROCEEDINGS

Project 101089508 – NAT\_FLOW  
"Natural Flow"

LSIIDP

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## AGENDA

### Conference “Move to Flow”

LSIIDP

#### Conference Room

Cesis 2nd Secondary School

Gauja street 45, Cesis, Latvia, LV-4101

#### November 15, 2023, 9:30

|               |  |
|---------------|--|
| 09:30 – 10:00 | Registration, coffee break   |
| 10:00 – 11:00 | Project “Natural Flow” – main objective, aims, activities, results, impact, sustainability. <i>Sandija Zalupe, Inga Zalupe</i> |
| 11.00 – 13.00 | Move to Flow exercises theoretical part – specificity, nuances, essence. <i>Alina Silicka</i>                                  |
| 13:00 – 13:30 | Lunch break  |
| 13:30 – 15:30 | Move to Flow exercises practical part. <i>Oskars Ernšteins, Inga Zaļupe</i>  |
| 15:30 – 16:00 | Satisfaction questionnaire, Move to Flow Questionnaire   |
| 16:00         | Certificates for the participants  |

#### Organizer:

Association “Latvijas Sporta izglītības iestāžu Direktoru padome”, Latvia

#### Partners:

La Cristaleria, Spain / Lagerta, Serbia



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Project partner LSIIDP held the Erasmus+ Sport Conference “Move to Flow” on November 15, 2023. The event gathered 56 participants – coaches and trainers from different sports. These participants were willing to learn new ways and training tips in order to be up to date for the young athletes and lead their practices in a healthy, attractive manner.

Out of 56 participants, 24 were female and 32 were male. This shows a good gender balance that the organizers have observed.

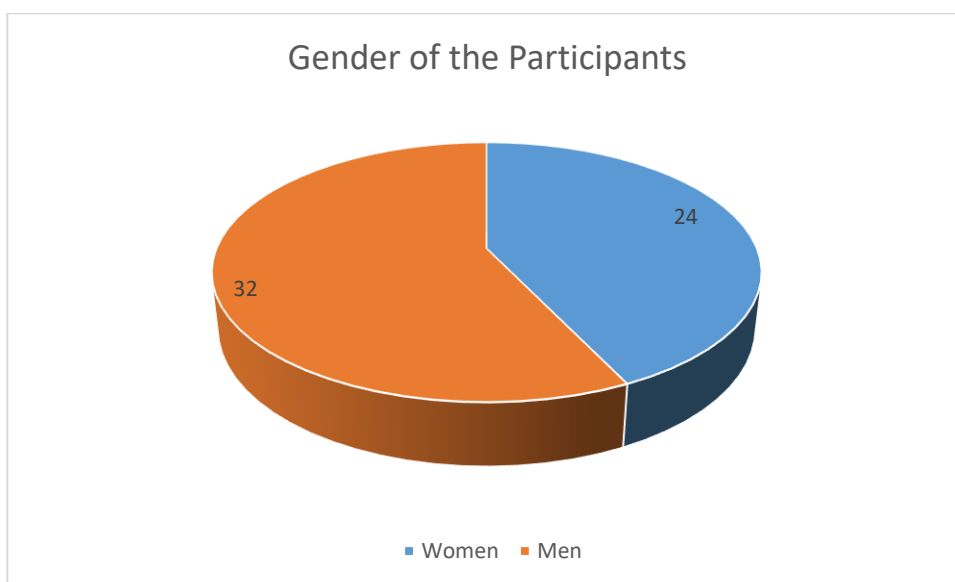


Figure 1. Gender of the Participants

The age of participants was stated in the following groups:

- 18 - 25,
- 26 - 35,
- 36 - 50,
- 51 - 64,
- 64 and above.



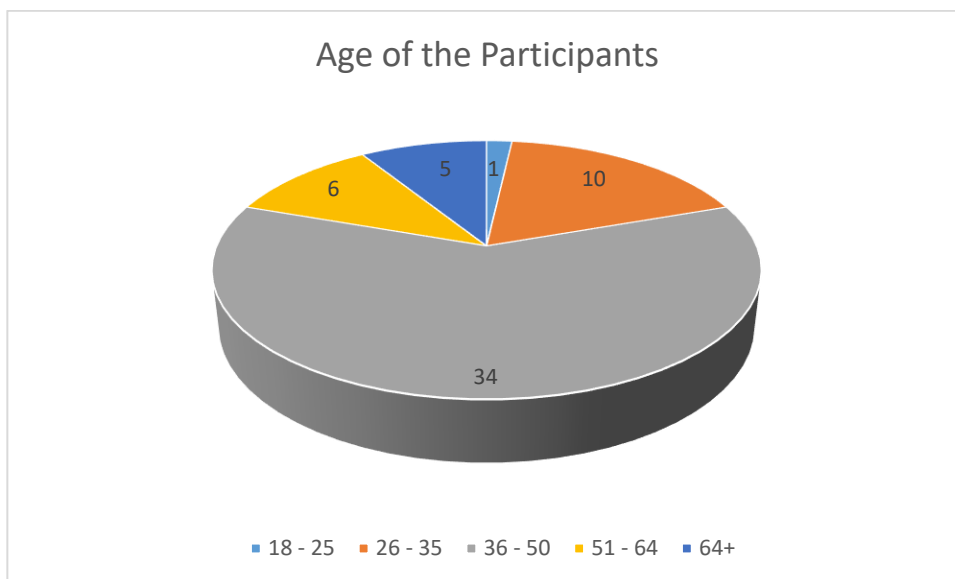
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**Figure 2.** Age of the Participants

The average age of a coach in Latvia is 52 years, and Figure 2 gives a clear insight that it is really so because this age groups is the most represented within the Conference.

The participants filled in a Satisfaction Questionnaire after the event. The questionnaire consists of 10 statements. In general, participants were satisfied with the Conference and valued high both the organizational part and the obtained knowledge.



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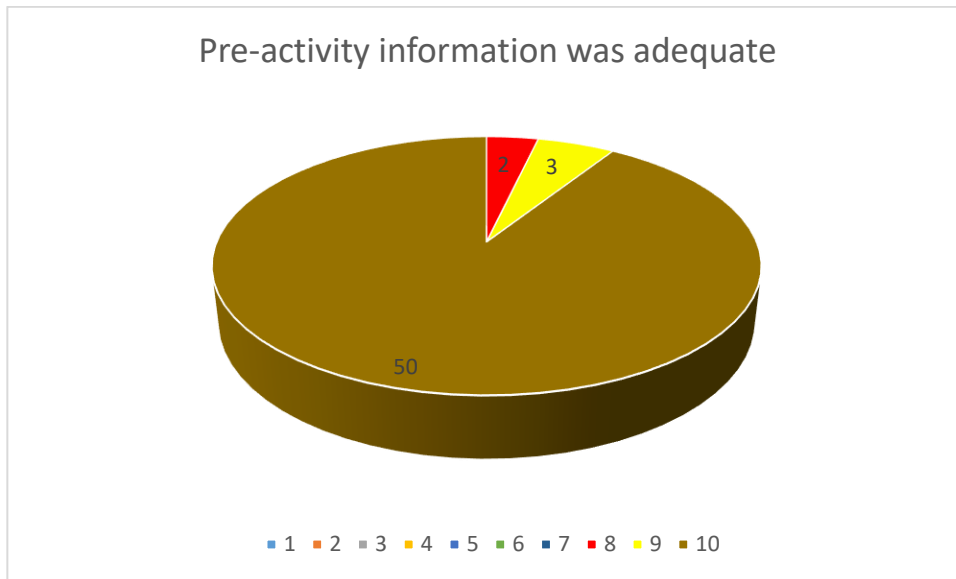


Figure 3. Pre-activity information

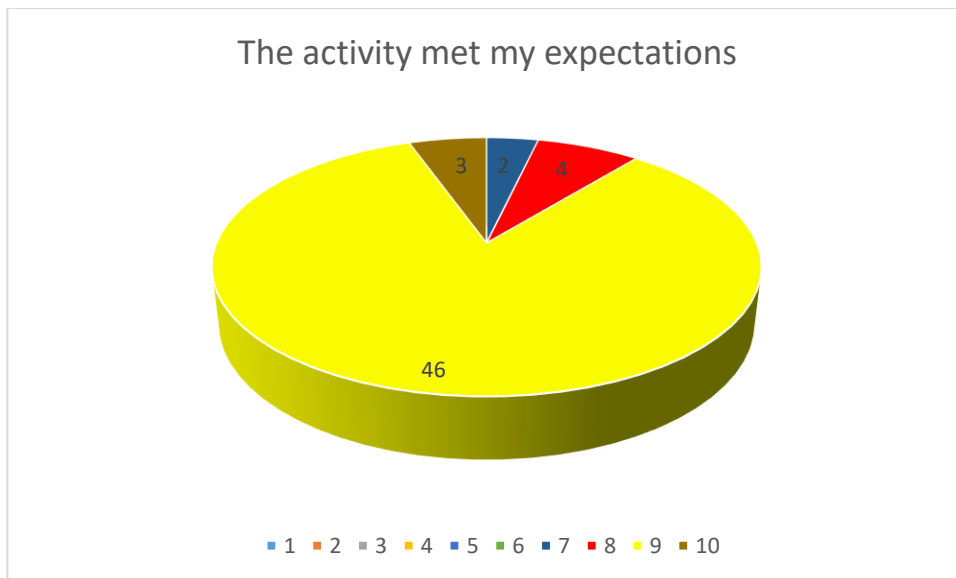


Figure 4. Expectations of the activity



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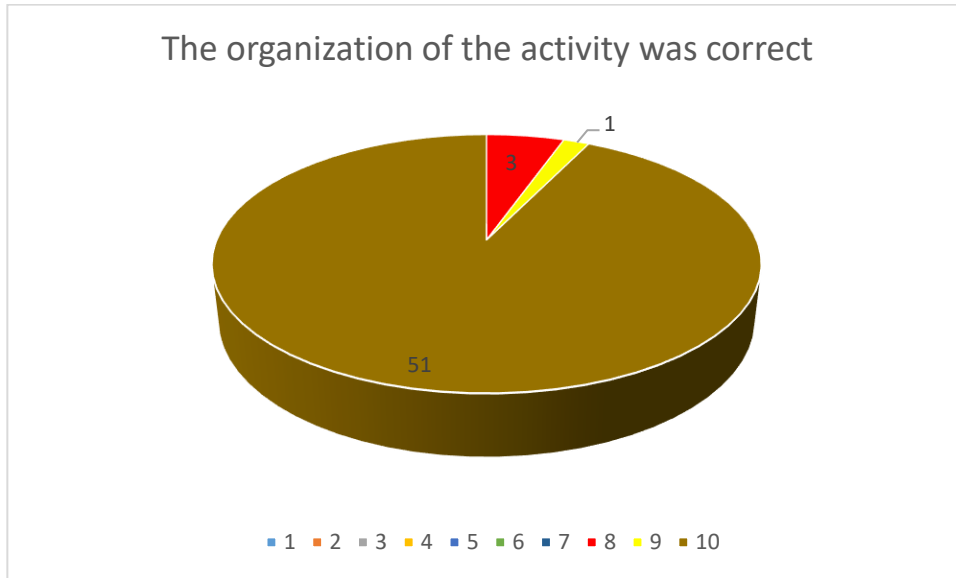


Figure 5. Organization of the activity

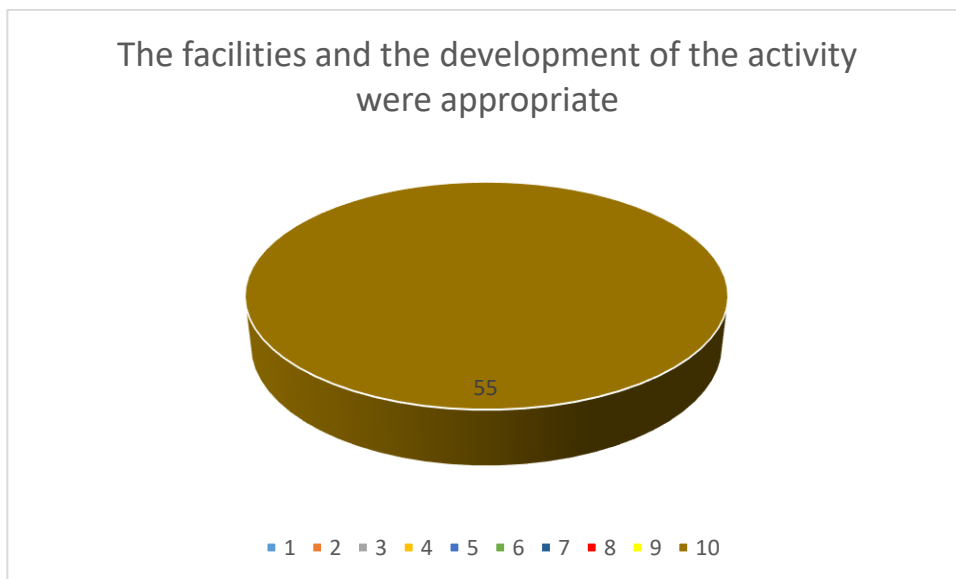


Figure 6. Facility of the activity



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Teachers, instructors, monitors maintained a correct attitude

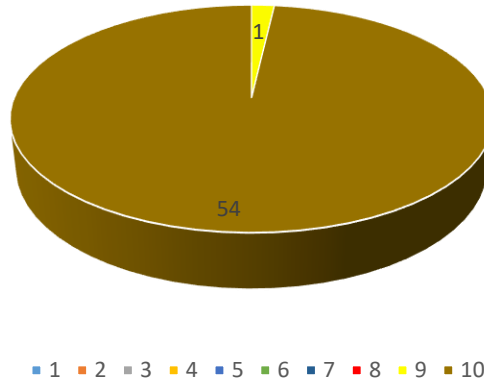


Figure 7. Attitude of the lecturers

The training of trainers/monitors/instructors was adequate

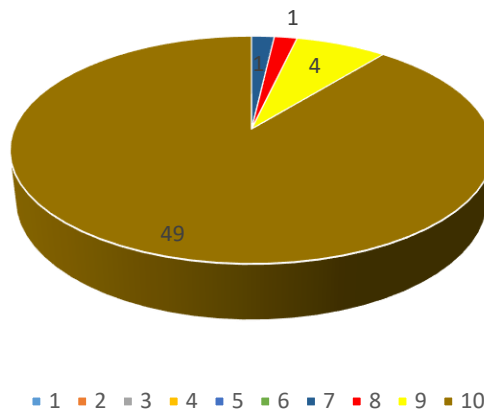


Figure 8. Adequacy of the training



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The level of the activity was appropriate for my level

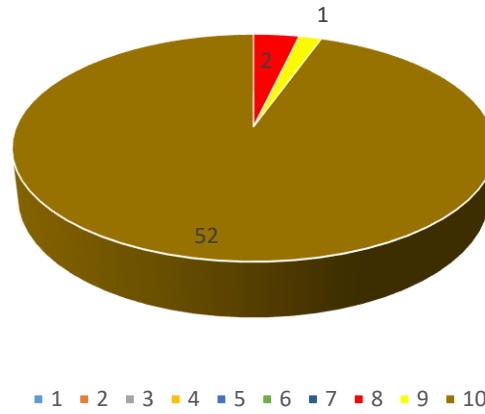


Figure 9. Appropriateness of the activity

The activity carried out brings new knowledge to my daily life

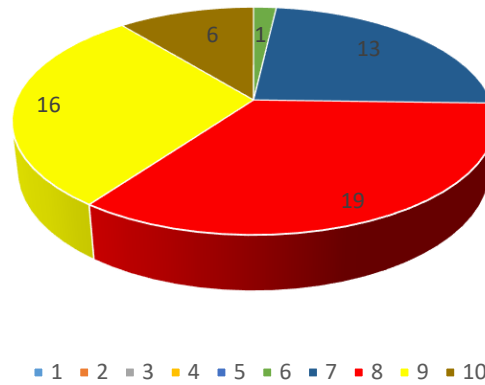


Figure 10. Knowledge of the activity



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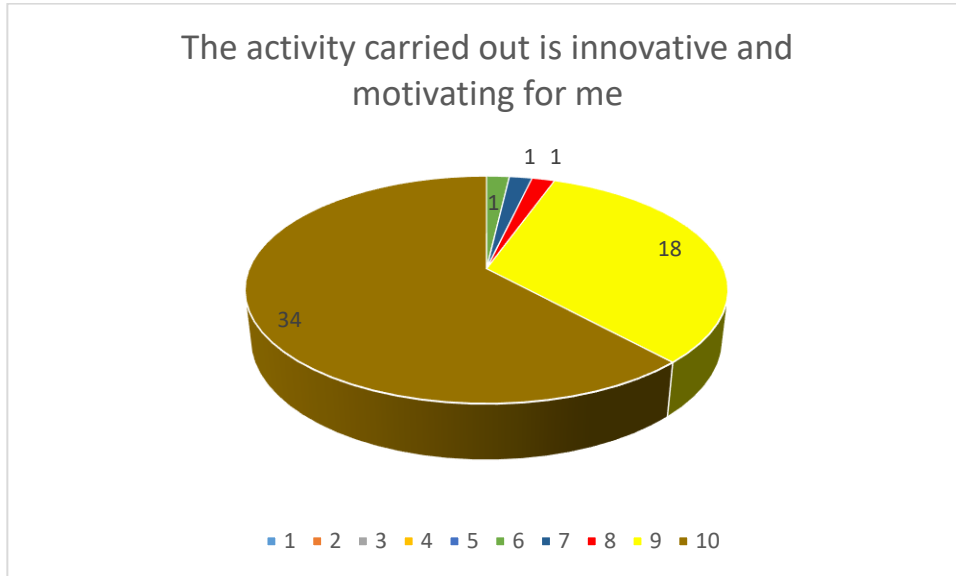


Figure 11. Innovation and Motivation of the activity

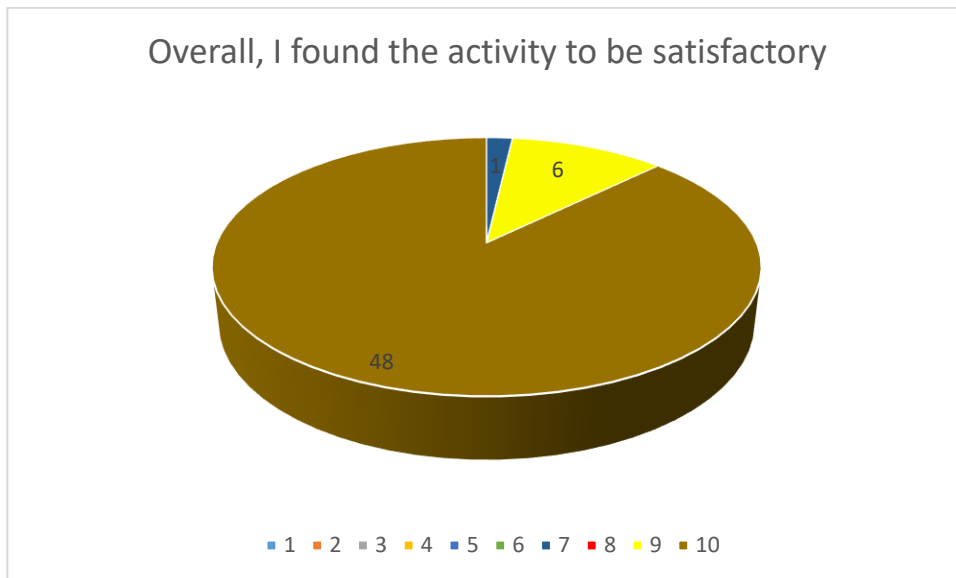


Figure 12. Satisfaction with the activity



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Figure 13. Lecturer Oskars Ernšteins



Figure 14. Lecturer Alina Silicka



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Figure 15. Organizers Sandija Zalupe, Inga Zalupe



Figure 16. Registration of the Conference participants



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